

40th Annual
Ontario Masters Athletics
Indoor Track & Field Championships
 Toronto Track & Field Centre

York University, Toronto

Sunday, March 29, 2009

9:00am to 5:00pm

Ontario Masters Athletics, Athletics Ontario, Athletics Canada, CMAA, or USATF membership required*
No Meet Day Entries - No qualifying standards for entry

** Non-members may enter. \$40 membership fee is added to online entry.*

- Age Classes;** Men and Women, five year age groups from 30-34 to 90+ (as of March 29th)
- Fees;** \$20 for the first event. An additional \$10 total for all additional events. (max 5 events)
 Add \$5 for email/mail entries. Contact douglasj.smith@sympatico.ca
- Awards;** New Ontario Masters Championship medals to the first three in each age group.
 Note: All top three finishers must beat a competitor or meet the posted medal standards to be eligible for awards.
- Facilities;** New 200m 5 lane banked rubberized track and jumping surfaces.
 Small pins or flats only. Athletes and officials must not wear street shoes in the fieldhouse.
 Change & Shower rooms with lockers.
- Directions;** York University Campus - 2nd entrance* west of Keele St. on the south side of Steeles Ave.
 (*NorthWest Entrance) There may be a fee for parking. \$5 parking voucher machine in the lot.
- Hosted by;** Ontario Masters Athletics
 Americans and other visitors to Canada are most welcome and eligible for medals.

Tentative Schedule of Events

Facility opens at 8:00am

	<u>Straight</u>	<u>Oval</u>	<u>Field</u>
9:30am		3000m Racewalk	Shot Put
10:30am	60m		Pole Vault, High Jump
11:00am		1500m	Weight Throw (<i>following the SP</i>)
11:30am		400m	
Noon	Lunch		
<i>2008 Athlete Of the Year Awards</i>			
1:00pm	60m Hurdles	3000m (<i>after the Hurdles</i>)	Long Jump
2:30pm		200m	Triple Jump (<i>following the LJ</i>)
3:00pm		800m	
		4X200m, 4X400m Relays **	

- Notes;**
- Women's heats run first. - Younger groups will normally follow older groups.
 - Timed finals in the 200m and longer events.
 - The maximum number of events for any competitor is five.
 - If a competitor has clashing events, the straight takes precedence over the oval event, and the oval takes precedence over the field events. Officials will not hold up events.
 - All implements must be weighed in, marked and deemed safe for use.
- Once an implement is entered into competition, it must remain at the event site until the officials release it. Other competitors may require it. Bring your implement - you may need it.
- Please direct any appeals to the Meet Director and not the officials.
 - The equipment in some events may not meet WMA standards. - ** No charge for the relay - enter on the day.

